





# Quick meal ideas for the starving student

By JAMES CLARK

The starved student is always looking for a quick meal idea, but many students believe the key is to eat on the go, for the best results.

When first class students walk the halls, they often find a quick meal idea, such as a sandwich or a bowl of soup.

Although many students are not always eating, they are always looking for a quick meal idea, such as a sandwich or a bowl of soup. They are always looking for a quick meal idea, such as a sandwich or a bowl of soup.

Lunchtime is not alone

The same student of mine, who is always looking for a quick meal idea, is also looking for a quick meal idea, such as a sandwich or a bowl of soup.

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## Many food options at college

By JEFF HUGHES

When things are looking up at the college, it's time to look for a quick meal idea, such as a sandwich or a bowl of soup.

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## STUDENT SERVICES

### STUDENT SERVICES

Are you having difficulty with your studies? The staff at Student Services is here to help you. We offer a variety of services to help you succeed in your studies.

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**Reaching out**  
to Mature Students ...  
Gay, Lesbian, Bisexual, and  
Transgendered Students ...

## On-line Messageboards

To access:

- Go to [www.conestogac.on.ca](http://www.conestogac.on.ca)
- Click Student Services/ Resources
- Click Student Services Office
- Locate
  - Mature Student Icon
  - GLBT Icon
  - Log on and participate

## OFF-CAMPUS HOUSING

Are off-campus housing options available to you by accessing the student page of the College website (HOUSING- OFF-CAMPUS)? You will find a listing of local landlords who have available accommodation for students. It is important that you carefully select your landlord and accommodation. This site will provide you with helpful tips.

## Welcome to

# Stratford Campus

Academic Upgrading  
Perth Career Counseling  
Job Coaching  
Literacy/Numeracy  
Continuing Education

WE WISH YOU SUCCESS

# Welcome international students

Another academic year is just around the corner, bringing the great spirit of education and understanding. As an international student preparing your first semester at Conestoga College, we would like to welcome you to the college and hope you will have a year full of learning and new experiences in Canada.

This academic year we are accepting approximately 100 new international students on campus from China, Japan, Korea, Mexico, the United States of America, India and Brazil, to name a few.

Students will be entering into academic courses at the college from English Language Institute to degree programs within the Schools of

Business (Employing Technology, Health Sciences and Community Services), Information Technology and Media Studies, and Liberal Studies.

Adjusting to an educational system new to you, different transportation systems, climate changes, new customs, different health services and an unfamiliar academic system meet both the staff of the International Education Office and the Student Services Office are here to assist you with your transition to Canada.

The International Office, located on the ground floor of the Student Client Services Building, can assist you with immigration, applying to col-

lege programs, current and social conditions and health insurance. An advisory is available Monday to Thursday 9 a.m. to 4 p.m.

The Student Services Office, located in Room 2004 Main Building, provides support services such as individualized, confidential counselling services (related to personal, academic and career issues), groups and workshops, learning strategies, job training and a peer help service, and we will complete housing inquiry. We are open Monday-Thursday from 9 a.m. to 4:30 p.m. and Friday from 10 a.m. to 4 p.m.

When you first arrive at the college as an international student, an extensive and experienced staff in the International Office, Student Services

Office, will participate in orientation with an ongoing focus, such as, September 1-10 by ELL level by Student Services workshops, a university services information session, overview of Health Services, learning accommodations for post-secondary health, research and academic success, and student fee collection.

If you are studying as a diploma program, Student Services will also be offering an International Diploma Student Workshop, scheduled for Thursday Sept. 2 from 10 a.m. to 4 p.m. in Room 2004.

We also welcomed students on campus. International Education English Language Institute and Student Services will be having one-on-one initial services.

Orientation starts on Thursday, Sept. 2 from 10 a.m. to 7 p.m. in the Blue Room.

This orientation has workshops for all international students on campus will address various health and safety topics, as students enter your new Canadian culture (such as, call 911/ambulance, finding health and community resources, city or campus and ways to reduce stress).

Food will be provided and there will be a free pizza meal.

Welcome to Canada and Conestoga College! We hope this year will be full of new learning and new opportunities for you.

A message from Student Services and the International Office

## The Staff at the International Education Office Would like to Welcome You to Conestoga College!

The International Office is located on the Ground Floor of the Student Client Services Building (SCSB), Down Campus. The office is open Monday to Friday 9 a.m. to 4 p.m. We look forward to meeting you and assisting you during your time in Canada.

### Senior International Education



**Director**  
**Eric Dahlan**

Telephone: 748-5220 extension 3048

Email: edahlan@conestoga.on.ca



**Manager & Student Advisor**  
**Samantha Murray**

Telephone: 748-5220 extension 3247

Email: smurray@conestoga.on.ca



**Associate Director**  
**Michael Fordham**

Telephone: 748-5220 extension 2270

Email: mfordham@conestoga.on.ca



**Admissions**  
**Anita Costa**

Telephone: 748-5220 extension 3696

Email: acosta@conestoga.on.ca



**Associate Director**  
**Dan Pardo**

Telephone: 748-5220 extension 3406

Email: dpardo@conestoga.on.ca



**Housing Advisor & Activities Officer**  
**Angelina Goss**

Telephone: 748-5220 extension 3699

Email: agoss@conestoga.on.ca



**Reception & General Enquiries**  
**Felicia Chen**

Telephone: 748-5220

Email: fchen@conestoga.on.ca

## CONESTOGA STUDENTS INC

# WE ARE HERE FOR YOU!

### MESSAGE FROM YOUR STUDENT PRESIDENT

My name is Justin Falconer and I am a graduate of both the management studies and general business program at Conestoga. I have been involved with Conestoga Students Inc (CSI) for over three years now, serving as a director, vice-president and president. I am currently serving in my second consecutive term as your student body president. I didn't get involved until year two of my studies, but since then I have worked hard, along with my colleagues, to make CSI a better organization. I hope that you have a wonderful year at Conestoga. I urge you to get involved with CSI, peer services, school forums, program advisory committees, clubs, fundraisers or other positive aspects of student life. There are lots of opportunities to compliment your education and I certainly hope that you will choose to contribute to a great student experience at Conestoga. Visit CSI and ask how you can get involved!



### MESSAGE FROM YOUR DIRECTORS

The directors and the executive of the CSI provide representation at the provincial level as a member of The College Student Alliance. This ensures our voice is part of a population of students 140,000 voices strong where tuition fee increases, teacher qualifications, student financial aid changes and other issues that face today's post-secondary students arise.

### YOUR DIRECTORS - JUSTIN FALCONER, PRESIDENT

Scott Ingram-Cotton, Vice President  
Nelofer Ahmed, Director  
Leanne Bird, Director  
Jason Blamire, Director

Dariusz Czajkowski, Director  
Matt Jackson, Director  
Amit Rajput, Director  
Jessica Wismer, Director

## CHECK OUT OUR NEW SERVICES

This year we have changed the way we offer our services. You will be able to come into our NEW SELF SERVE AREA and put your project or report together yourself. By doing this you will not be charged for any of the following services:

Fax Service - FREE  
Scanning Service - FREE  
Binding Service - FREE

Laminating Service - FREE  
Copying Service - FREE  
Colour Copying - FREE



# POND PARTY 2004

SePTeMbER 9th

11:30am - sTarT

BaCH pONd - dOOn cAMpUS

\*aLL StUDENtS aRE WElcOMe\*

mIdE - DrINKs - GaMEs - dIscIng  
FOOd - COld tIlEs

comedian

**Nikki Payne**

she's no angel

Sanctuary

september 14th

11:30AM

CONESTOGA  
STUDENTS INC  
activities

comedian

**James Cunningham**

presents...

**Tunny Money**

september 22nd

**Sanctuary**

you could win cash

TOGA PARTY



sept 16.04

9pm

-sponsored by-

all students welcome

all students welcome

**CONESTOGA  
STUDENTS INC**  
REPRESENTING

## SEPTEMBER - EVENTS

DATE	LOCATION	TIME	WEB	TH	FR	SAT
			1 <b>CONESTOGA STUDENTS INC</b>	2 <b>WHEELCHAIR</b>	3	4
5	6 <b>CONESTOGA STUDENTS INC</b>	7 <b>Classics Night</b>	8 <b>CONESTOGA STUDENTS INC</b>	9 <b>Pond Party</b> 10:00am - 11:00am	10 <b>First week done!</b>	11
12	13 <b>CONESTOGA STUDENTS INC</b>	14 <b>Water Gun Night</b>	15 <b>CONESTOGA STUDENTS INC</b>	16 <b>CONESTOGA STUDENTS INC</b>	17 <b>Services</b>	18
19	20 <b>First Week Done!</b>	21 <b>CONESTOGA STUDENTS INC</b>	22 <b>CONESTOGA STUDENTS INC</b>	23 <b>CONESTOGA STUDENTS INC</b>	24 <b>CONESTOGA STUDENTS INC</b>	25
26	27 <b>CONESTOGA STUDENTS INC</b>	28 <b>CONESTOGA STUDENTS INC</b>	29 <b>CONESTOGA STUDENTS INC</b>	30 <b>CONESTOGA STUDENTS INC</b>	<b>Activities</b>	

# CSI Idol

**CSI IDOL - Auditions**  
**11:30 - Sanctuary**  
**September 27th**

**CSI IDOL - 1st round performances**  
**12pm - Sanctuary**  
**September 29th**

VISIT THE CSI OFFICE  
FOR DETAILS

**CONESTOGA  
STUDENTS INC**

VISIT THE CSI OFFICE  
FOR DETAILS

## CONESTOGA STUDENTS INC. HEALTH PLAN

### "CSI offers new money-saving opportunities for students."

Over the past few months, we've been working hard to bring you more value and more services than ever before. We're proud to announce that with our renovated look, we can provide you with a self-serve area to copy, colour print, and bind your projects and assignments at no cost to you. Colour printing, binding, laminating and faxing are available now at no charge. Come by our new location and see how we can help.

Pharmax Direct has offered our students an exceptional opportunity to have prescriptions filled, saving you money and time! Pharmax Direct is a registered pharmacy that will accept your prescription from our office (or your doctor's office) by fax and deliver the prescription to your home. There's no delivery charge, usually next day service, and they will provide you with 50% coverage on your prescription rather than the 80% provided by other pharmacies. In addition, the dispensing fee is a low low cost of \$3.00. Compare that to the dispensing fee provided by your pharmacy and you will see that this can save you a lot of money and invaluable time. For further information, please come into our office and speak to Janet Renwick.

e-mail: [jrenwick@conestogac.on.ca](mailto:jrenwick@conestogac.on.ca)  
phone: 519-748-5131

[www.conestogastudents.com](http://www.conestogastudents.com)

**CONESTOGA**  
**STUDENTS INC.**  
**SERVICES**

**CONESTOGA**  
**STUDENTS INC.**

### WE NEED YOU!

The CSI is looking for interested volunteers to work as committees to enhance student life at Conestoga.

The General Manager's Activities Committee and the General Manager's Services Committee will meet monthly to review, assess, and suggest activities and services provided to students. The intent is to obtain views and feedback on what we do and how we do it.

If you want to get involved in working with your student association, have a desire to influence services and events, please complete the form and drop it off to the CSI office by the middle of September.

#### GET INVOLVED & SIGN UP

Circle One

SERVICES COMMITTEE or ACTIVITIES COMMITTEE

NAME

ADDRESS

PHONE

### JOB OPPORTUNITIES

PART-TIME POSITIONS ARE AVAILABLE AT THE CSI OFFICE FOR THE FOLLOWING JOBS:



DATA ENTRY



EVENT SECURITY



BARTENDERS



COMMUNICATIONS ASSISTANT



SELF-SERVE SUPERVISOR

Please drop off your resume and cover letter at the CSI office.



**1. INTRODUCTION**

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Adults of your future life experience the literary readings. (2) Hall those staff members who will be more than happy to help you with it.



The LAC offers more than just reference books. They also have magazines, online databases and feature material in many fields (see <http://www.lac.edu>).



**Table 1**

**Mathematik** Folgendes  
**Management** Training **Handbook**  
**Single** **Language** **Options**  
**How** **to** **Use** **It**

## Mathematics Department

We wish you Success



For more information please contact Indira, a  
 director with coverings, calls or go to our website  
[www.psa.co.uk/coverings](http://www.psa.co.uk/coverings)

**Abstract**

Sharing living space with a stranger? It sure is! But you can be quite different from them with your family. Things are simple as long as you stay in the shower or where to keep the portable toilet, you don't interact between people, most think I used to living together! But now we are even. We are friends from family life. So better with a roommate!

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the duty doctor can tell on the unit the next morning? Or do you have a "Right of Refusal?" That will force your maximum gathering far north by the end of November?

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- space: private versus common space
- food costs: shared? designated fringe space?
- quiet hours for morning study time and at night
- sound index

Living with a spouse who isn't all that talented and competent, but still has much to offer to the world is like having your child tell you on each other's career.

**File major:** helps set the type of alert when a growth or concern, value or appointment is left with a date/time or event name. **Shortcuts:** See below location

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### The Conestoga College Achievement Award

This award has been established to promote academic excellence by those students who demonstrate the greatest talent.

1000 1000

- **Not** Overall a student of 100% of the total of the academic year
- The transcript(s) listing grades on (ed) his record (2004) on the Record of Achievement
- Student has completed all three
- Student was registered in year two of a ministry approved program in the 2004-05 academic year
- Completed and submitted into your law or three of a ministry approved diploma program
- Demonstrated financial need
- Min. lived in Ontario, the program is no more than 3 months

[illegible]

### **Quantitative Data Analysis of Qualitative Data**

- Complete the application form (one required)
- Provide a written summary of your financial need including any anticipated costs that you may have.
- Provide a copy of your Record of Achievement
- Submit your application and all supporting documentation to:  
 Local Registrar, Financial Aid/Scholarship Awards Office, 5000 Grant Campus  
 Drive, Fayetteville, Missouri 65703

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- Student must be promoted to the next level of their program and registered
- Student must have two academic semesters on their record in order to calculate the average
- Funds will be awarded to qualified applicants after November 17, 2024
- Funds will be directed to the student's account in the event that fees are outstanding
- Funds may not be transferred or refunded





# Wanted: Fan support at varsity games

By JASON BATH

Varsity is an important part of every college community. Often times, athletes become the face and soul of a college community. The players are passionate, the coaches are loyal leaders, and the fans want to be part of the team through their support.

It is not just the athletes, coaches, and fans who make a college team. It is the fans who are the heart and soul of the team. They are the ones who cheer the team on through thick and thin.

It is not just the athletes, coaches, and fans who make a college team. It is the fans who are the heart and soul of the team. They are the ones who cheer the team on through thick and thin.

Varsity is the first step in a student's athletic career. It is the first time a student is part of a team that is not just a hobby, but a commitment.

The college is a place where students learn to work together, to support each other, and to be part of something bigger than themselves.

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We are very happy and proud of the rights team winning the title for the second year in a row!

First, "Obviously, since this is only the second year, Conecota has had a lot of time to prepare."

Also, Hagg had a huge year for the rights team, being named to the OCAA all-star team and being

named team MVP as well as Conecota's most valued of the year. Hagg's team was also named to the OCAA all-star team. Hagg's team was also named to the OCAA all-star team.

Conecota's success is a result of the hard work of the team and the support of the fans. The team is proud to represent the college and the community.

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## LEARNING STRATEGIES

What are learning strategies? Simply put, they are learned skills that help us to gain knowledge more effectively. If we have strategies that work for us, we can learn and study more easily. Learning strategy assistance can show you how to learn more, faster. Using the checklist below, evaluate your preparedness.

### • Effective time management

- \_\_\_ Do you know that you will need a system to keep organized in college?
- \_\_\_ Do you know how to keep track of your assignments?
- \_\_\_ Are you able to organize your time to include both study and fun?

### • Working effectively with learning styles

- \_\_\_ Do you know what your learning style is?
- \_\_\_ Do you know how to use your learning style in class and when studying?

### • Effective textbook reading

- \_\_\_ Do you know how to read textbooks with a purpose?
- \_\_\_ Do you have an effective method to use when too much reading overwhelms you?

### • Effective note-taking

- \_\_\_ Do you know different methods for taking notes?
- \_\_\_ Are you aware of which method works best for you?

### • Memory techniques

- \_\_\_ Do you know about different memory techniques?
- \_\_\_ Do you know what memory techniques work for you?

### • Preparing for tests and exams

- \_\_\_ Do you know how to prepare for exams?
- \_\_\_ Do you know how to work in study groups or with a tutor?
- \_\_\_ Are you aware of the different ways to study depending on the type of exam you're writing?

### • Test-taking skills

- \_\_\_ Are you aware of the general strategies for taking tests?
- \_\_\_ Can you deal effectively with multiple-choice questions?



Learning strategy training can help you reach your goal.

(To make an appointment for learning strategy assistance, visit the Student Services Office, 2004.)